

Your Health Profile,
your doctor, and you.



GroupHealth

Well beyond medicineSM

Your Health Profile offers a lot of great advantages when you visit your Group Health Physicians doctor. It's more than just a health questionnaire. It's a valuable tool to help make sure your health is on the right track.

Partner with our doctor.

When it comes to your health, information is powerful stuff. Your Health Profile enables your doctor to review your past health history and current



health status and focus on key areas of concern. From preventive screenings to a high risk medical condition, your Health Profile allows your doctor to know more about your health and discuss what's most important during your visit.

Be prepared.

Reviewing your completed Health Profile before your medical appointment makes it easy to have a better discussion with your doctor. And because your Health Profile is part of your electronic medical record, you'll both be on the same page.

Your Health Profile		
Name: MICHAEL J. DIERINGER Profile Date: Sep-22-2009		
Gender: Male Date of Birth: Jun-28-1976		
Your report assesses how you're managing your health and suggests actions to lower your risk for certain diseases and conditions. The summary chart is followed by a results and recommendations section. This information isn't intended to be professional medical advice, diagnosis, or treatment. If you have questions about your health, contact your health care team. If you have non-medical questions about the Health Profile, contact Group Health Customer Service at 1-888-901-4556.		
Your Health Profile is part of your medical record. If you receive primary care at Group Health medical center, or if your health care provider isn't at a Group Health medical center, you may print your report and request that it be added to your medical record.		
Summary Chart	Sep-22-2009	Jun-27-2007
General Health		
• Age	30	30
• How I rank my general health	Good	Excellent
• Sick/days in last year	1-2 days	1-2 days
• Prescription medications	None	None
Lifestyle		
• BMI (weight-to-height ratio)	Healthy	Healthy
• Nutrition	Consider changes	Consider changes
• Physical activity	Healthy	Healthy
• Alcohol use	Healthy	Healthy
• Tobacco use	Healthy	Healthy
• Substance abuse	Healthy	Healthy
• Stress	Healthy	Consider changes
• Sexual health	Healthy	Healthy
Disease Risks - Known Factors		
• Colorectal cancer	Low risk	Low risk
• Diabetes	Low risk	Low risk
• Heart disease	Low risk	Low risk
• Lung cancer	Moderate risk	Moderate risk
Immunizations		
• Tetanus	Overdue	Overdue
Preventive Medications		
• Vitamin D	On target	Consider changes
• Calcium	On target	Consider changes
Health Planning		

Whether it's a lifestyle issue, a medical matter, or just a question you want answered, maintaining good health starts with taking your Health Profile and discussing the results with your doctor.



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